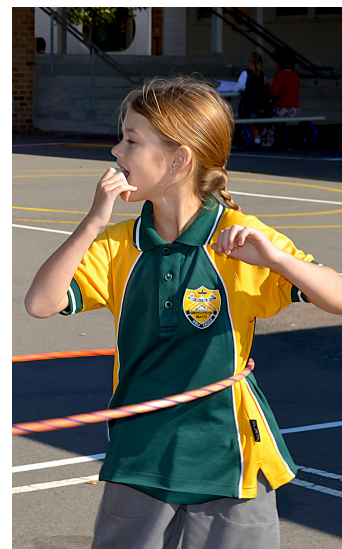


Health Promoting Schools

A RESOURCE FOR PRIMARY SCHOOL PARENTS AND CITIZENS/FRIENDS ASSOCIATIONS



Artwork: 'Heart of a child' by Lara Went Worimi Artist

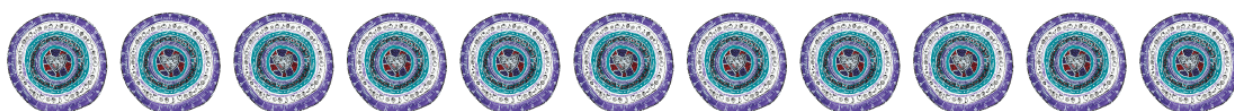
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We acknowledge the traditional owners and custodians of the land that we live and work on, as the first people of this country. We pay our respects to the Elders past, present and future for they hold the memories, the traditions, the culture and hopes of Aboriginal Australia'



Artwork: 'Heart of a child' by Lara Went Worimi Artist

INTRODUCTION

Everyone has a role to play to promote the health and wellbeing of children. Within the school it is a combined effort of all the school staff, canteen staff, parents, carers and the wider school community to be positive role models by supporting and promoting healthy eating and physical activity.

Children need a supportive environment to make the right decisions regarding their health. The school provides a perfect opportunity for this, given that children spend a large portion of their day at school.

Parents, carers and the local community are an integral part of school life and can greatly contribute to the health and wellbeing of students and the school community.

This resource has been developed to improve student health and wellbeing by ensuring the school Parents and Citizens (P&C) or Parents and Friends (P&F) Associations adopt whole school health and physical activity practices to support a health promoting school.

This resource will:



Provide information for the P&C/P&F on healthy eating and physical activity in schools.



Provide resources and templates for the P&C/P&F to increase and support health promotion in your school.

ABBREVIATIONS

P&C Parents and Citizens Association

P&F Parents and Friends Association

LLW@S Live Life Well @ School

HNELHD Hunter New England Local Health District

PDHPE Personal Development Health Physical Activity

ACKNOWLEDGEMENTS

This resource was developed by:

©Good for Kids team, Jackson R, McCarthy N, Nathan N. *Health Promoting Schools: A Resource For Primary School Parents and Citizens/Friends Associations, 2020.* Wallsend: Hunter New England Population Health

Permission granted to include ideas from: Nepean Blue Mountains Local Health District

Good for Kids and HNELHD acknowledge their continued collaboration with:

NSW Ministry of Health, LLW@S

NSW Department of Education

Catholic Schools Office, Newcastle-Maitland and Armidale Dioceses

AISNSW Association of Independent Schools of NSW

The University of Newcastle

Look for the



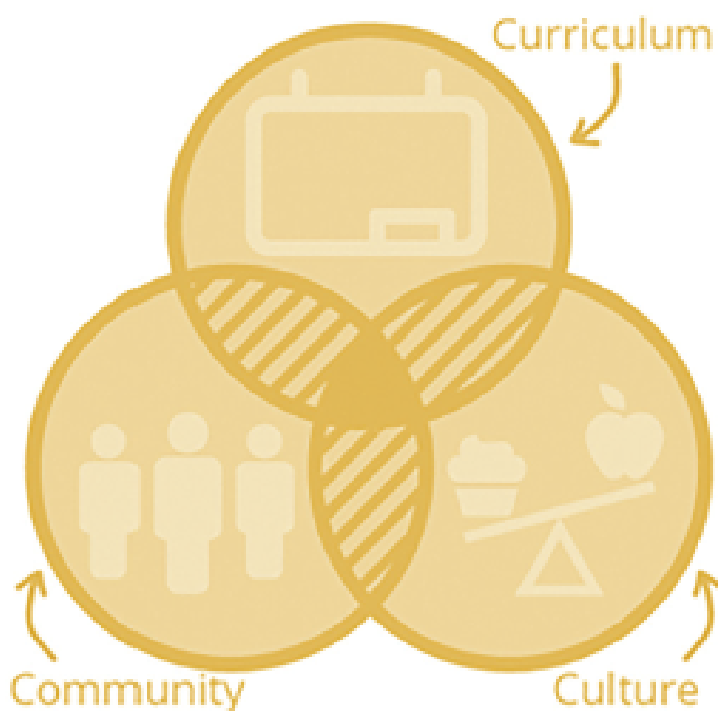
for key
information and
great ideas!

Live Life Well @ School

Live Life Well @ School is a collaborative initiative between the NSW Ministry of Health and the school sectors in NSW. The NSW Department of Education, the Association of Independent Schools of NSW and the Catholic Schools NSW all support schools to engage with LLW@S, through a variety of resources and professional learning opportunities.

LLW@S aims to get more students, more active, more often and improve healthy eating habits.

LLW@S is based on the health promoting school framework which is evidence based and categorised into: Curriculum, Culture and Community. It is important schools implement strategies across all three categories to ensure positive outcomes and sustainability of health practices.



Source: NSW Office of Preventative Health

The P&C/P&F have a part to play in all areas of your health promoting school but the 2 key areas are Community and Culture.

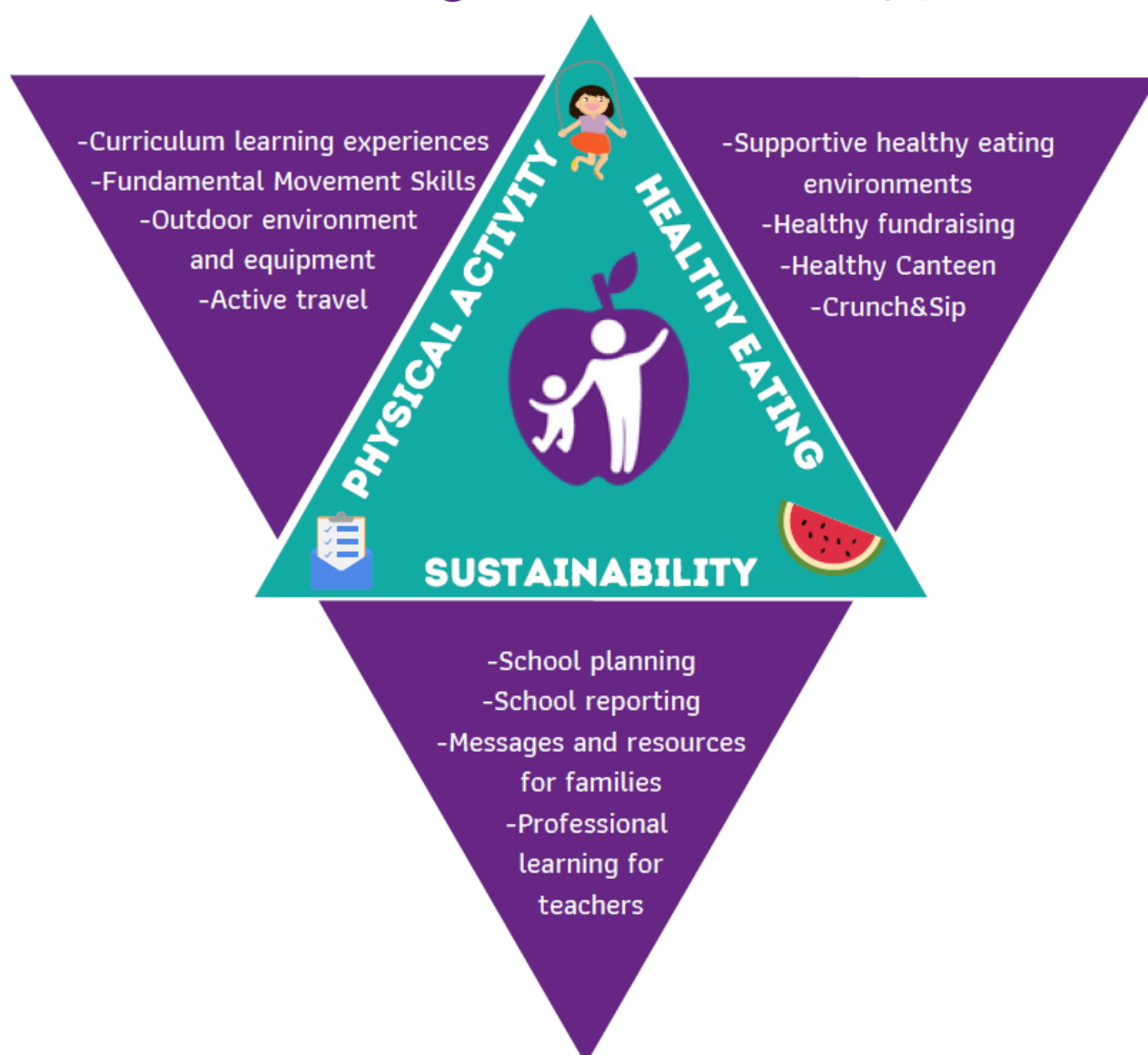
SUPPORTING YOUR SCHOOL

The Good for Kids team has worked in the Hunter New England health area since 2005 and are based at the population health unit. Good for Kids supports the NSW Ministry of Health's LLW@S initiative.

A Good for Kids Health Promotion Officer (HPO) supports your school to meet the LLW@S key practices in the areas of healthy eating, physical activity and sustainability.

Our experienced team are from a range of health and education related backgrounds and are passionate about and dedicated to improve the healthy lifestyle habits of all children across the region.

Good for kids
good for life



ACTIVITY

See the examples listed below and write down how your P&C/P&F can incorporate healthy eating and physical activity practices into the 3 key areas using the table provided.



Culture

- Access to playground markings and play areas
- Teachers and community members are positive and active role models
- Promoting health vision shared by all staff, students and the community
- School policy and practices support health initiatives E.g. Nutrition in School Policy, Physical Activity Policy, Lunchbox guidelines, Crunch & Sip®, etc.
- School canteens are compliant with the NSW Healthy School Canteen Strategy
- Healthy food options provided at school events
- Drinking water is easily available
- Healthy fundraising provided and promoted
- Lunchbox and Crunch&Sip® information provided at Kindergarten orientation
- School food garden utilised, family and community volunteers to tend to and maintain gardens

Curriculum- primarily the Principal and teaching staff

- PDHPE syllabus, scope and sequence, whole school timetable
- Active lifestyle- units of work
- Fundamental movement skills
- 150mins a week mandatory physical activity (Department of Education)
- Nutrition and nutritional needs
- Food choices
- Decision making
- Health services /products
- Lifestyle risk factors e.g. physical activity and nutrition
- Sun protection
- Road safety/active travel
- Environmental health e.g. recycling, planting/gardening programs
- Participation in campaigns: Walk or Ride to School Day, Fruit and Veg Month, etc.

ACTIVITY



Community

- Parents and carers receive regular information about school health practices (newsletters/social media/communication apps)
- Active travel options (bike and scooter racks, walking bus, park and walk, safe crossings, supporting and volunteering at Ride/Walk to school days)
- Parents and carers encouraged to be involved in healthy education at home (healthy lunchboxes, active homework ideas, cooking, etc.)
- Parents and carers with skills and coaching qualifications assisting with physical activity, sports programs/events and school sporting teams
- Parent information evenings, kindergarten orientation
- Healthy fundraising
- Community agencies and grants for gardens, physical activity programs, fruit and vegetable box donations
- Engaging with the Local Health Promotion officer



CULTURE

CURRICULUM

COMMUNITY



NUTRITION IN SCHOOLS

NUTRITION IN SCHOOLS POLICY



Did you know that the Department of Education (DoE) released the Nutrition in Schools Policy in February 2017? This policy states that any activities (this includes fetes, discos and fundraisers), should promote healthy eating and good nutrition to students.

The policy specifically says the following:

1.1

Healthy eating and good nutrition should be promoted in all school activities and programs which involve food and drinks.

1.5

All sugar sweetened drinks as outlined in the Sugary Drinks Fact Sheet of the Healthy School Canteen Strategy are not to be sold to students.

1.6

Where school activities involve the provision of food and drink to the wider school community, consideration should be given to promoting healthy eating.

1.9

School activities that involve the provision of food will address the requirements of the Anaphylaxis Procedures for Schools.

The full Nutrition in School Policy can be found at the following website or see Appendix 1: <https://education.nsw.gov.au/policy-library/policies/nutrition-in-schools-policy>.



HEALTHY CANTEENS



Good for Kids provide resources, training and support to help your canteen submit to the menu check service and meet the current **NSW Healthy School Canteen Strategy**. Being compliant with the strategy will ensure your school is making healthy options available for students. Your school will also receive a certificate and badge to display proudly. This revised strategy acknowledges input from the NSW Department of Education, the Association of Independent Schools of NSW and the Catholic Schools NSW.



Under the strategy 'everyday foods' (see the Australian Guide to Healthy Eating on the following page) must form at least $\frac{3}{4}$ of the canteen menu and should be actively promoted. Occasional foods should be limited to a $\frac{1}{4}$ of your menu and must have a Health Star Rating (HSR) of 3.5 stars or more and portion limits are applicable to some occasional and everyday products. Occasional foods can not be marketed or actively promoted.










Visit <https://healthy-kids.com.au/school-canteens/> for more information about the strategy and to find out more about schools that have already made the change!



Tip:

When making changes to your canteen menu, you could use a survey to gather feedback. Ask parents, teachers and students what they think. An information session is another way to share ideas and learn more about the Canteen Strategy. (See Appendix 2)

MINIMUM FOOD AND DRINK BENCHMARK FOR NSW SCHOOL CANTEENS AND VENDING MACHINES

	EVERYDAY FOODS AND DRINKS	OCCASIONAL FOODS AND DRINKS
	<p>¾ of the menu</p> <p>3/4</p> 	<p>¼ of the menu</p> <p>1/4</p> 
	No Health Star Rating to be applied to Everyday foods and drinks	A Health Star Rating of 3.5 Stars and above to be applied to all Occasional foods
	Portion limits for flavoured milk, juices and hot meals	Portion limits for all Occasional foods and drinks
	Display, price favourably, promote and advertise Everyday choices	Occasional foods and drinks are not promoted, advertised or displayed in prominent positions
	Sugary drinks should not be sold in NSW school canteens and vending machines	

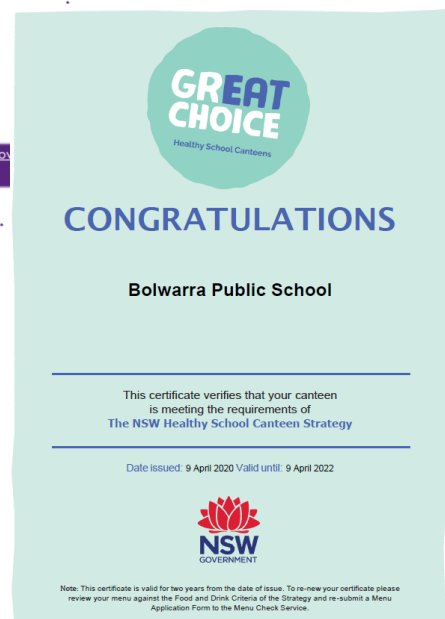
Copyright: NSW Ministry of Health 2017

Good for Kids good for life

GREAT CHOICE HEALTHY SCHOOL CANTEEN

We are excited to share that our school canteen is now a leader in providing a healthy food service to our students and staff. Our menu has been recognised as a "Great Choice Healthy School Canteen" meaning that it meets the NSW Healthy School Canteen Strategy.

A big thanks goes to our Canteen Manager/ P&C Committee/ Canteen Committee for all your hard work in reviewing our school canteen menu. Please support our canteen by ordering lunch and/or recess or volunteering in the canteen.



HEALTHY EATING PROGRAMS

Good for Kids can support your school with a wide range of programs, initiatives and resources to promote healthy eating and good nutrition.



SWAP IT is a healthy lunchbox program developed by dietitians from the Good for Kids Team. SWAP IT aims to support parents and carers to swap what is packed in the lunchbox from sometimes foods to everyday foods. By improving lunchboxes, we can make a huge difference to a child's daily food intake. By swapping a sometimes food for an everyday food we are setting children up for the best possible mental and behavioural performance at school and at home.

Good for Kids will help your school to develop lunchbox guidelines to send home to families, provide a resource booklet for every family and teaching resources for classrooms. Messages are also sent home to families (see Appendix 3).

To find out more information check out the website or speak with your principal.

<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/>



Crunch&Sip® is a time in class when children can eat a piece of vegetable or fruit that they have brought from home and sip on some water. Giving students this opportunity to “refuel” has been linked to improved physical and mental performance and concentration in the classroom.

Resources are available to send home to all families.

See more here:

<http://www.goodforkids.nsw.gov.au/primary-schools/crunchsip/>



Fruit & Veg Month is a health promotion event that aims to encourage increased fruit and vegetable consumption amongst NSW primary school children through engaging classroom, whole school and family based activities. The event is funded by NSW Health and is held at the end of August through September each year.

Schools who register receive free resources for teachers, students and families. Head to:

<https://healthy-kids.com.au/teachers/fruit-veg-month/>

KITCHEN GARDENS

School kitchen gardens are a great way to promote healthy eating and environmental sustainability. The garden provides a learning opportunity for children, staff and the school community. The garden produce can be used in classroom cooking experiences, in the school canteen, or sold to students and families at a market during school drop offs or pick ups. Gardening and cooking are areas that always need extra support from volunteers including the P&C/P&F. There are also lots of resources and grants available to support kitchen gardens in schools. Check out some of the websites below:



<https://www.sustainableschoolsnsw.org.au/teach/food-gardens>



<https://www.nudefoodday.com.au/>



Growing Good Gardens Grants

Together with Yates® Australia, Life Education are encouraging young...

lifeeducation.org.au



Office of
Local Government

Contact your local council for
grant opportunities



In Our Community

Bunnings is committed to participating
in the communities in which we...

bunnings.com.au



Primary Schools

Kitchen Garden / 05:40 AM



Junior Landcare Grants

Junior Landcare grants program offers
both funding and in-kind support for...

juniorlandcare.org.au



<https://www.environment.nsw.gov.au/funding-and-support/nsw-environmental-trust/grants-available/eco-schools>

Eco Schools

Grants of \$3,500 for environmental management projects that promote learning opportunities for students, teachers and the community.



THE IMPORTANCE OF PHYSICAL ACTIVITY

The importance of regular physical activity in reducing the risk of disease and in promoting a healthy lifestyle is well recognised.



Schools have a unique opportunity to promote and encourage physical activity among students through Physical Education, daily energisers, lunchtime physical activity, organised sport and by embedding movement into other learning areas.

The Australian National Physical Activity guidelines for children and young people (5-17years) state that a healthy 24 hours includes:

- Accumulating 60 minutes or more of moderate to vigorous physical activity per day involving mainly aerobic activities.

© Commonwealth of Australia

active kids learn better

physical activity at school is a win-win for students and teachers

GRADES:

20%
more likely to earn an A in math or English

STANDARDIZED TEST SCORES:

6%
increased over 3 years

JUST ONE PHYSICALLY ACTIVE LESSON CREATES:

13%
increase in students' physical activity for the week

21% decrease
in teachers' time managing behavior

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:

after 20 minutes of sitting quietly

after 20 minutes of walking

Red areas are very active; blue areas are least active.

MORE RESULTS:

after 20 minutes of physical activity:
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:
memory tasks improved 16%

SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Kamijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larsen P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1281-1290.

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.

PHYSICAL ACTIVITY REQUIREMENTS IN SCHOOLS

Did you know?

Children do not automatically know how to catch, throw, kick, run and jump. These are known as fundamental movement skills (FMS). In the same way kids need to learn the alphabet in order to read, they need to learn basic movement skills in order to lead a physically active, healthy life. As part of the PDHPE curriculum schools teach and assess a wide range of FMS.

MANDATORY SPORT AND PHYSICAL ACTIVITY



POLICY:

150MINS

PER WEEK OF PLANNED PHYSICAL ACTIVITY



NSW public schools are required to include a mandatory 150mins per week for planned physical activity, including a minimum of one hour for sport in Years 3-6 (Department of Education, Sport and Physical Activity Policy K-12 Updated 26/2/2020).

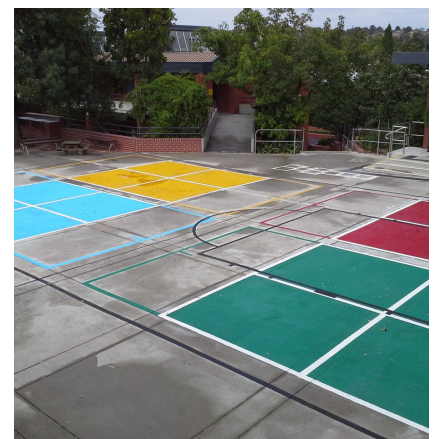
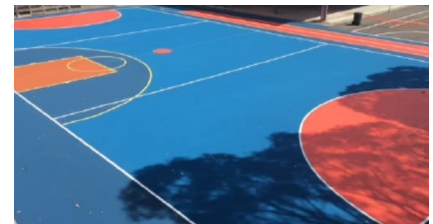
Planned physical activity can include:

- Physical Education (PE)
- School Sport
- Energisers (active lesson breaks)
- Cross Curricular lessons (e.g. active maths lesson)

This policy is supported by the AIS and Catholic schools office with a minimum of 120mins.

SUPPORTING PHYSICAL ACTIVITY IN YOUR SCHOOL

We know the school physical environment can encourage children to be physically active. The Good for Kids Team provide playground marking stencils free of charge to schools in the Hunter New England Region to boost playground fun and activity. Stencils can be borrowed for up to two weeks at a time. If you would like to borrow the stencils, please fill in the order form (see Appendix 4). The P&C/P&F can contribute to the funding of active spaces and playgrounds, and to the replenishing of sports equipment to ensure physical activity requirements are a focus at your school.



HEALTHY FUNDRAISING

As the P&C/P&F you're responsible for a great deal of fundraising that takes place at your school. A health promoting school creates a culture of wellness that encourages healthy choices in every aspect of schooling life – this includes fundraising events.

Australia is facing an epidemic of obese and overweight children, which has more than doubled in the last twenty years. One way school communities can play a part in tackling this problem is by making the choice to fundraise in a healthy way. Instead of selling boxes of chocolates, pie drives, cake stalls, ice cream days or lollies to raise money, choose an activity that encourages health and wellbeing.



7 reasons for healthy fundraising:

1. Make money for your school while promoting health and wellbeing.
2. Provide the personal satisfaction of being a positive role model.
3. Show your school community that you care about children's health rather than profit alone.
4. Reinforce the health messages that children hear in the classroom.
5. Involve the whole school community (students, parents, teachers and other staff).
6. Support the NSW Healthy School Canteen Strategy.
7. Run it as often as you like.

© Copyright Healthy Kids 2010



HEALTHY FUNDRAISING

There needs to be consistent messaging to children and families in order to support a healthy lifestyle. As a P&C/P&F, fundraising options should support healthy and active living, and limitations should be placed on fundraising using foods high in sugar, salt and fat.



ACTIVITY

To help you monitor fundraising at your school, list the types and frequency of fundraising (in an average year) in the table below. Ideas are listed on the next page and see Appendix 5. This can be done at a meeting.



TYPE e.g. chocolate drive	FREQUENCY e.g. once per year	HEALTHIER ALTERNATIVE See examples



HEALTHY FUNDRAISING IDEAS

Active Ideas

- Discos
- Colour Run
- Fun Run
- Walk, Run, Cycle, Swim, Scooter, Skate or Dance-a-thon
- Lunchtime sporting challenges e.g. targets, shooting hoops, skipping, handball tournaments
- Jump Rope for Heart
- Sponsored Kilometer Club- daily jogging challenge to complete a set distance e.g. Whole school around Australia
- Lunchtime discos- music in the playground e.g. \$1 per song request
- Exercise challenges e.g. push-ups, burpees, sit ups etc.
- Silent Discos
- Obstacle course e.g. Obstacool- <https://www.obstacool.com.au/schools>

Healthy Food Ideas

- Mango boxes
- Fruit and Vegetable boxes
- Meat trays
- Smoothies (borrow our Good for Kids Smoothie Blender Bike- see Appendix 6)
- Sushi Day
- Soups
- Cooking lessons
- Hot Cross Buns
- Vege Seedlings
- Healthy BBQ
- Growing kits, seedling cards
- Cookbooks
- Sipahh Straws at <https://sipahh.com.au/fundraising/>
- Kitchen Garden produce stall, bush tucker

Others

- Crazy Hair Day
- Pyjama Day
- Out of Uniform days
- Favourite sporting team colours or jersey
- Dress up days
- Tree planting
- Customised products including tea towels, aprons, stationary, lunchboxes, drink bottle, labels etc.
- Talent Quest
- Student Art shows and auctions
- Crazy Sock Day
- Second hand book stall
- Student made wrapping paper / cards
- Raffles
- Trivia/Quiz nights
- Movie nights
- Entertainment books
- Sunscreen
- Photo guessing competitions
- Read-a-thon
- Christmas decorations



SCHOOL AND COMMUNITY EVENTS

Who doesn't love a school event? From the athletics carnival, sports days, reward days, end of year activities, discos, concerts and fetes to NAIDOC Week, Harmony day, multicultural days, Grandparents day, or Mother's day and Father's day events. When you add up all of the events that your school hosts or is involved in over a school year, you may be surprised at just how many there are!

These events are a great way to engage with the school community and at times raise funds for the school. It is also an opportunity to rethink the sausage sizzle, soft drinks/ poppers, slices and cakes. We need to use this opportunity to provide healthy options and role model healthy eating.



Use wholemeal bread and lean sausages/ chicken sausages for a sausage sizzle and provide salad options such as lettuce and tomato. If holding stalls or fun days, opt for non- food based activities and limit the types of foods and drinks that can be brought in and/or sold.

The Nutrition in Schools Policy (see Appendix 1) states:

1.1 Healthy eating and good nutrition should be promoted in all school activities and programs which involve food and drinks.

1.5 All sugar sweetened drinks as outlined in the Sugary Drinks Fact Sheet of the Healthy School Canteen Strategy are not to be sold to students.

1.6 Where school activities involve the provision of food and drink to the wider school community, consideration should be given to promoting healthy eating.

EVENT e.g. SCHOOL DISCO	FOOD & DRINK PROVIDED e.g. PIZZA, CHIPS AND POPPER	HEALTHIER ALTERNATIVE e.g. SANDWICH, POPCORN, WATER



CASE STUDIES

LLW@S in practice

A Good for Kids Health Promotion Officer (HPO) supports your school to meet the LLW@S key practices in the areas of healthy eating, physical activity and sustainability.

The videos show what LLW@S looks like, why it's important, how it can be done, and the positive change it has made to learning and the school community, in a variety of school settings.

See more on our website:

<http://www.goodforkids.nsw.gov.au/primary-schools/live-life-well/>



CASE STUDIES



PLAYGROUND MARKINGS

During Term 1 **St Joseph's Merriwa** were very fortunate to receive some playground marking stencils from the Good For Kids team at Hunter New England Health. As a result of these, students are now more active on the concrete areas and are using these games to interact more freely. Teachers are also using these games in order to teach counting for Kinder and Stage 1, as well as integrating physical education into normal lessons. Thank you to Matthew and the people at Hunter New England LHD for their assistance.

The Staff of St Joseph's Primary School Merriwa



Manning Gardens PS delivered SWAP IT lunchbox messages in Term 3 2018, and again in Term 2 2019. The messages were short and simple to help give families ideas to swap occasional for everyday products. There was very little time commitment, just a brief discussion with the students each week using the classroom flipcharts. The messages were delivered once a week to families through the communication app and every family received a booklet to hang on the fridge.

There are now healthier options in lunchboxes as a result of the messages. Now we are sending out reminders 2-3 times per term, as well as SWAP IT information and booklets for new parents at kinder orientation each year.

Mr Paul Sortwell Principal- Manning Gardens PS



CASE STUDIES

TIGHES HILL PUBLIC SCHOOL

MANGO FUNDRAISER



The mango fundraiser is a healthy, fun fundraiser that has been popular with the Tighes Hill community.

In 2019 it raised just over \$800. We sold 147 boxes to parents and staff. The Mango Fundraiser is fairly easy to run. We make an A4 flier to send home to families, put posts on our P&C Facebook page, and the wonderful office staff collect cash, or print payment details and send to the coordinator.

Our order is sent by email and we request a week for delivery. I am notified which day they will arrive and on the day of delivery, the courier company contacts me and I arrive at school for the truck to unload.

The school community are notified via social media and the school app that the mangoes have arrived and pick up has been from the community room in the school.

2-3 parent volunteers stay at school for a couple of hours after and before school for parents to pick up their boxes. They are usually picked up within 3 days.

This year the school P&C have created an online 'shop' with Big Cartel, which should lessen work from the office staff at school.

Tighes Hill P&C President 2020



'WHO GIVES A CRAP'

Last year the P&C had its first Toilet paper fundraiser, organised with 'Who Gives A Crap' we sold 64 boxes of Christmas themed toilet paper and made a profit of \$475. It ran in a similar way to the mango fundraiser.

Tighes Hill P&C President 2020

COLOUR RUN

Tighes Hill PS Student Representative Council (SRC) organised a fabulous Colour Run for the whole school at Islington Park in term 1, 2020. It was a huge fundraising success that enabled us to create a sensory garden quiet area in a previously unused part of our school. This welcome addition to our playground provides a calm and relaxing area for all students to read, draw sit and have a chat. A big thank you to Mrs Ehrenberg and our P&C for their efforts designing and managing this project.

Mr Tony Selwood Principal- Tighes Hill PS



CASE STUDIES

GARDEN CLUB

Our wonderful school/community garden is lovingly cared for and maintained by a parent volunteer, Dale. Dale visits at least twice a week and works with students and class groups to grow a variety of fresh seasonal herbs and vegetables. Produce is harvested and sold to our school community, with all proceeds donated back to support the continued growth of the garden.

Mr Tony Selwood Principal- Tighes Hill PS



NEW CANTEEN MENU FOR ST PAUL'S PRIMARY SCHOOL, GATESHEAD



Students at St Paul's Primary School Gateshead are enjoying a new and improved menu after being the first Catholic School in the HNELHD to successfully meet the NSW Healthy School Canteen Strategy in 2018.

School canteen volunteers, the P&F and Good for Kids worked together to make changes to the menu such as adding more everyday hot meals, reducing the number of flavours of some items and removing items that did not meet the strategy.

"Being able to contact the Good for kids team was probably the most helpful support"

*Mary Milevski, P&F Canteen Representative 2018
Greg Cummings Principal- St Paul's Primary School Gateshead*





CASE STUDIES

VALENTINE PUBLIC SCHOOL ENVIRONMENTAL PROGRAMS

Our school garden and chicken coop provide students with a significant opportunity to connect with the process of growing food, sustainability and biodiversity. To achieve this goal we first went about establishing our gardens with seasonal produce. The gardens are looked after by our students who deliver fresh produce to our P&C run canteen as well as to our Valentine PS community. Our Market Stall allows the community to regularly purchase freshly grown vegetables and eggs from our chickens.

Valentine Public School
28 November 2019

GARDEN TO CANTEEN
Today our students were able to purchase some deliciously fresh zucchini chips from the canteen.
The best thing about them? Both the zucchini and parsley that were used to make them came from our own VPS gardens.
Thank you to Tanya for whipping these up, they were very tasty!



Valentine Public School
13 November 2019

GARDEN PRODUCE FOR SALE
This afternoon from 3.15 we are selling some produce that our Garden Club have grown so bring some coins along. We are selling cherry tomatoes, parsley, carrots and chives.



Valentine Public School
25 July 2019

GARDEN CLUB
Yesterday we picked some of the ripe produce from our garden. These students took it to the canteen and were very excited to do so.



Valentine Public School
5 March

COOKING
Yesterday we collected fresh eggs from our chickens at school and then made yummy scrambled eggs.



In 2018 and 2019 we partnered with Lake Macquarie City Council to facilitate student workshops for composting and recycling. Waste Warriors and gardening club students attended these workshops so they could share their knowledge and skills with their peers.

Valentine Public School
24 October 2019

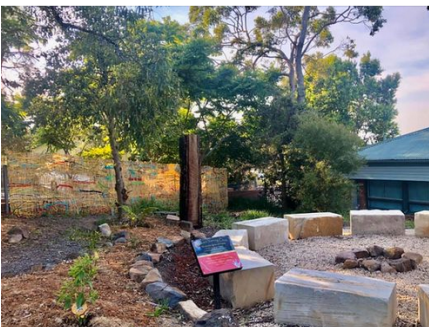
VEGGIE SALE
This afternoon at 3:15 we are having a Veggie Sale in our garden near the boats. We have a small selection of lettuce, carrots and parsley so please bring your gold coins and purchase some fresh produce grown by our Environmental group.
As the selection is limited, it's first in best dressed!



We started the Aboriginal Bush Tucker garden with a dream of bringing this land's unique flavours back, so future generations can remain connected to a rich and vibrant history.

Valentine Public School
29 October 2019

YARNING CIRCLE AND BUSH TUCKER GARDEN
Our garden is coming alive and our Bush Tucker plants are growing steadily.
A new addition to our area are the weave mats completed by our K-6 students from NAIDOC DAY proudly on display.



Valentine Public School
29 July

SUNNY DAYS
Our students are enjoying the sun and Garden Club today. We are watering, weeding and feeding the chickens.



Valentine Public School

Daily Chicken Keeping Tasks that students engage in include egg collection and recording, chicken behaviour observation and recording, refill the feeders and drinkers, top-up the coop bedding, rake and clean out the chicken run, remove and replace all bedding, clean the coop and run.

CONTACT US

Good for kids
good for life



The Good for Kids, Good for Life program is designed to support Schools to promote healthy eating and physical activity to the children of our community. The Good for Kids team has worked in the Hunter New England health area since 2005 and are based at the population health unit. Good for Kids supports the NSW Ministry of Health's Live life Well @ School.

Your Health Promotion Officers

Our experienced team are from a range of health and education related backgrounds and are passionate and dedicated to improving the healthy lifestyle habits of children across the region.

Ask your Principal for the contact details of your schools LLW@S Program Officer for enquiries about this resource or additional support for your school P&C/P&F or contact Good for Kids at:



PHONE:

49246499

EMAIL:

HNELHD-GoodForKids@health.nsw.gov.au

ADDRESS:

Booth Building, Longworth Avenue, Wallsend
NSW 2287

WEBSITE:

<http://www.goodforkids.nsw.gov.au/>

SOCIAL MEDIA: Good for Kids HNEHealth

[Twitter](#) | [Facebook](#) | [Instagram](#)



Health

Hunter New England
Local Health District

WEBSITES AND RESOURCES

GOOD FOR KIDS GOOD FOR LIFE

<http://www.goodforkids.nsw.gov.au/>

NSW HEALTHY CANTEEN STRATEGY

Canteen information and resources:

<https://healthy-kids.com.au/school-canteens/canteen-guidelines/nsw-healthy-school-canteen-strategy/>



HEALTHY KIDS ASSOCIATION

Canteen related, Crunch and Sip®, Fruit and Veg month, fundraising ideas, teaching resources: <http://healthy-kids.com.au>

NSW DEPARTMENT OF EDUCATION PDHPE Curriculum Support:

<https://www.education.nsw.gov.au/teaching-and-learning/curriculum/key-learning-areas/pdhpe>

MAKE HEALTHY NORMAL

<https://www.makehealthynormal.nsw.gov.au/>

HEALTHY ACTIVE KIDS

Healthy eating information, recipes, lesson plans, games:

<https://www.n4hk.com.au/>



SUSTAINABLE SCHOOLS NSW

<https://www.sustainableschoolsnsw.org.au/teach/food-gardens>

TRANSPORT FOR NSW- CENTRE FOR ROAD SAFETY

<https://roadsafety.transport.nsw.gov.au/staying-safe/schools/roadsafetyeducationprogram.html>



APPENDIX 1

Nutrition in Schools Policy

All schools should promote healthy eating and good nutrition. School canteens are required to implement the NSW Healthy School Canteen Strategy that includes food and drink criteria.

1. Policy statement

1. Healthy eating and good nutrition should be promoted in all school activities and programs which involve food and drinks.
2. The teaching of nutrition education is part of the Personal Development, Health and Physical Education (PDHPE) key learning area and is mandatory for all students from Kindergarten to Year 10. Teaching and learning and class activities in other key learning areas should reinforce healthy eating and good nutrition wherever possible.
3. School canteens are required to implement the Healthy School Canteen Strategy. This requires school canteen menus to comprise at least three-quarters 'Everyday' foods and no more than one-quarter 'Occasional' foods. Packaged occasional foods are required to have a Health Star Rating of 3.5 or above.
4. Schools transition to the revised Healthy School Canteen Strategy over a three year period, 2017-2019. A school's transition will be responsive to varying canteen operating arrangements, product availability, rural and remote locations and community and cultural expectations.
5. All sugar sweetened drinks as outlined in the Sugary Drinks Fact Sheet of the Healthy School Canteen Strategy are not to be sold to students.
6. Where school activities involve the provision of food and drink to the wider school community, consideration should be given to promoting healthy eating.
7. All canteen operators are required to notify the local council of their food activity details. All canteens will provide a safe and hygienic food service and comply with the Australia New Zealand Food Standards Code, Food Act 2003 (NSW) and Food Regulation 2010 (NSW).
8. Schools with preschools are required to follow the protocols of the Education and Care Services National Regulations (Regulations 77-80) ensuring healthy eating practices are promoted.
9. School activities that involve the provision of food will address the requirements of the [Anaphylaxis Procedures for Schools](#).

2. Audience and applicability

1. All NSW government schools and preschools, parents/caregivers, the wider school community.

3. Context

1. The health and wellbeing of students is relevant to their learning and is important to schools. The present and future health of students can be enhanced by quality learning and positive experiences at school.
2. This policy contributes to the Premier's Priority (2015) to reduce overweight and obesity rates of children by five percent over 10 years to 2025.
3. [The Australian Dietary Guidelines \(2013\)](#) give advice on eating for health and wellbeing.
4. Legislation
 - [Australia New Zealand Food Standards Code](#)
 - [Food Act 2003 \(NSW\) and Food Regulation 2010 \(NSW\)](#)
 - [Education and Care Services National Regulations 2011](#)
5. This policy should be read in conjunction with:
 - [The Australian Dietary Guidelines 2013](#)
 - [Student Health in NSW Public Schools: A summary and consolidation of policy](#)
 - Infection Control Guidelines
 - [Sponsorship Policy and Guidelines](#)
 - [Student Welfare Policy](#)
 - [The Wellbeing Framework for Schools 2015](#).

4. Responsibilities and delegations

1. Principals:

- oversee the implementation of school practices that are consistent with this policy and are responsive to local needs, including cultural diversity
- include their canteen operations in the school planning process
- enable canteen managers and canteen staff (including volunteers) to attend training opportunities relevant to implementation of the NSW Healthy School Canteen Strategy.

2. Directors, Public Schools NSW monitor the local implementation of this policy and report outcomes of local implementation to their Executive Directors, Public Schools NSW.

5. Monitoring and review

1. The Executive Director, Learning and Wellbeing is responsible for monitoring the implementation of this policy and reviewing its effectiveness every three years.

Contact

Leader, Health and Wellbeing
(02) 7814 3795.

APPENDIX 2: Canteen menu survey sample:

(Insert School Name P&C/P&F) Canteen Menu Parent Survey

Our school community cares about the health and wellbeing of our students. As well as needing to meet the guidelines set out by the NSW Healthy Canteen Strategy (<https://healthy-kids.com.au/school-canteens/canteen-guidelines/nsw-healthy-school-canteen-strategy/>). It is our responsibility to provide a canteen menu that promotes healthy options for our children and staff at our health promoting school.

Our canteen menu is under review and we would like to provide yummy, nutritious and popular alternatives for the children but to do this we need your input!

Please complete the survey and return to the school office by (insert date)

1. How many days does your child/ren use the canteen? (please tick)

- More than 1 day/week
- 1 day/ week
- 1 day/ month
- 1 day/ term
- Other: _____

2. What would be your top 5 choices from each of the lists below: (please number 1-5 in order of preference)

Main Menu Items

- Canteen made mini pizza _____
- Lasagne _____
- Pasta _____
- Soup _____
- Sushi Rolls _____
- Fried Rice _____
- Fritters _____
- Baked Potatoes with toppings _____
- Nachos _____
- Corn on the Cob _____
- Salad/ Meat Wraps _____
- Toasted/ Regular sandwiches _____
- Frittata _____
- Grilled Chicken Burger _____
- Beef Burger _____
- Curry and Rice _____
- Other: _____

Snacks

- Fruit salad _____
- Whole fruit _____
- Vegetable Sticks _____
- Cheese and rice crackers _____
- Yoghurt _____
- Pikelets _____
- Plain popcorn _____
- Fruit toast _____
- Crumpets _____
- Frozen orange slices _____
- Dry Cereal Bites _____
- Canteen made smoothie _____

Other: _____


APPENDIX 3

Communication with families

Newsletter Snippets and SWAP IT messages

Your school receive Good for Kids newsletter snippets each term to share with the school community. Some examples include:

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TRADITIONAL INDIGENOUS GAMES



Background
This object-throwing game was observed being played on Mer Island in the Torres Strait region in the nineteenth century. More recent versions have also been observed.

Short description
A game based on throwing accuracy. Teams of one to two players throw objects, attempting to make them land on a target on the ground.

Equipment

- Two mats (softball bases, carpet squares, rubber mats or small towels) placed 5-7 meters apart- alternative square piece of material/grass
- Beanbags, coins, large buttons or flat bocce balls to represent the kolap beans- alternative ball of socks or balloon filled with rice or rocks

Game play and basic rules-

- Two players sit (or stand) behind each mat.
- The players who are partners are diagonally opposite each other.
- Each player has four kolaps, which he or she attempts to throw to land on the mat opposite.
- One player has a turn. The kolaps are collected and then the player on the opposite team at the other mat has a turn. Continue in this manner.

Scoring
A combined total of 20 finishes the game for a team. The kolap must land completely on the mat to count.

Source: Yulunga Traditional Indigenous Games, Sport Australia


NSW Health Hunter New England Local Health District
HNEHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

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MANAGING SCREEN TIME

While your family is at home, many activities for learning, fun and keeping in touch will be done using screens.

To keep active make sure you spend time away from screens every day. Try some of the ideas below:

TURN OFF SCREENS + get active!
Screens can be great for learning, play and communication, but much screen time can be unhealthy. Try to sit, see and move more.



Source: Western Sydney Local Health District, November 2018

NSW Health Hunter New England Local Health District
HNEHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

swop it
everyday in the lunchbox

4 simple steps to a healthy lunchbox

Packing an everyday lunchbox is as easy as:

- Step 1:** Pack vegetables for Crunch&Sip® (e.g. carrot sticks or cherry tomatoes).
- Step 2:** Pack fruit and an everyday snack for recess (e.g. popcorn, yoghurt, rice crackers and cheese).
- Step 3:** Pack a sandwich, wrap, roll or leftovers (e.g. pasta, rice or roast vegetables) for lunch.
- Step 4:** Finish with water as the perfect thirst quencher.



For easy ideas on healthy lunchboxes visit
<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/packing-an-everyday-lunchbox/>

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swop it
everyday in the lunchbox

Stress-free fussy eating ideas

Fussy eating is common, but that still doesn't make it easy.

Does your child dislike foods because of their colour, texture or the way they are prepared?

Don't despair, SWAP IT will help with ideas on how to pack an everyday lunchbox for your fussy eater.



Try the 3:1 lunchbox rule everyday:

- Three items your child likes
- One new everyday item

For more ideas on fussy eating visit
<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/tips-for-fussy-eaters/>

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APPENDIX 4

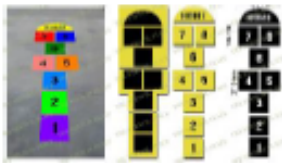
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NSW Health
Hunter New England
Local Health District

PLAYGROUND STENCILS LOAN FORM

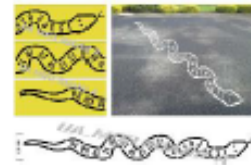
Give your playground a facelift and promote more physical activity with these stencils available for loan from the Good For Kids Team at Hunter New England Local Health District, at **NO CHARGE**. All you need is the paint!



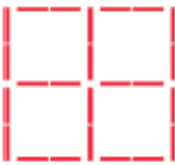
HOPSCOTCH
0.84m (w) x 2.68m (h)



SNAIL
HOPSCOTCH
1.79m (w) x 1.7m (h)



NUMBER SNAKE
7.0m (w) x 0.77m (h)



FOUR SQUARES
3.95m (w) x 4m (h)



ALPHABET TREE
1.735m (w) x 1.85m (h)

Tick which stencils you wish to borrow, fill in the form below and return to:
Email: matthew.pettett@health.nsw.gov.au

Name: _____ Position: _____

School: _____

Email: _____ Phone: _____

Preferred fortnight to borrow stencils: _____

Is this date flexible? Yes No

CONDITIONS OF LOAN

I have read and agree to the following conditions of loan:

1. The loan period is for a maximum of two weeks – the sooner you return them the more schools we can offer to.
2. The school is responsible for pick up and return of stencils to the Good for Kids team at the Booth Building, Wallsend Health Campus, Longworth Avenue, Wallsend. At times the opportunity may become available to pick up stencils from a nearby school currently using the stencils.
3. It is recommended to use either a station wagon/ ute to transport the large stencils.
4. School to provide own paint and return stencils in a clean state.

Signature: _____ Date: _____

Remember to order your paint and have it ready to go for your stencil booking dates.

APPENDIX 5

LEAN GREEN FUNDRAISING IDEAS



Living Fundraisers

Herb, flower, veggie and fruit growing kits



Published authors

Books compiled by students, parents and teachers



The comedy empire

Tickets to a comedy day at your school



Expressions

Customised tea towels, aprons and bags



Picture products

The original picture plate fundraiser



Foost

Child friendly utensils and 'smoothie' bike



Identity Direct

School labels, personalised stationery and gifts



I heart arts and crafts

Lots of ideas, we love the scribble mug



Crazy Camel

Family planners, school labels, pillowcases, greeting cards, note books...



Harvest Hub

Fresh seasonal produce delivered to school community hub members



APPENDIX 6



SMOOTHIE BLENDER BIKE LOAN FORM

Smoothie blender bikes are stationary bikes that when pedaled, generate enough energy to power a blender. In effect, people have to work out to make their own 'Wheelie' healthy smoothies. It is visual, interactive, healthy and fun – the bikes create a large crowd and can be used to attract customers for the fundraiser at your school. Your school can loan the bike from the Good for Kids Team at Hunter New England Local Health District, at NO CHARGE. This includes instructions, utensils and recipe ideas. You will need to buy your ingredients. Then all you need is PEDAL LEG power! The children will love it!



Complete form and return to: Matthew Pettett matthew.pettett@health.nsw.gov.au

Name: _____ Position: _____

School: _____

Email: _____ Phone: _____

Preferred dates: _____ Event: _____

Is this date flexible? Yes No

Once we have confirmed your date, you can start to organize your School Active and Healthy fundraiser!

CONDITIONS OF LOAN

I have read and agree to the following conditions of the Smoothie blender bike loan:

1. The loan period is for a maximum of two days – the sooner you return the bike the more schools we can offer it to.
2. The school is responsible for pick up and return of Smoothie blender bike to the Good for Kids team at Booth Building, Wallsend Health Campus, Longworth Avenue, Wallsend. At times the opportunity may become available to drop off and pick up the Smoothie Blender Bike from a nearby school.
3. It is recommended to use either a station wagon / ute to transport the bike. The bike can be disassembled for ease of packing.
4. The School will store the Smoothie blender bike indoors when the bike is not being used for the loan period.

Signature: _____

Date: _____



Events Calendar



Add your events and fundraisers to the calendar when planning for the year ahead.

JANUARY

FEBRUARY

MARCH

APRIL

- World Salt Awareness Week
- National Ride2School Day
- Obesity Awareness Week
- World Oral Health Day

- Vegetable Week- The Big Vegie Crunch
- World Health Day

MAY

- Walk Safely to School Day
- National Volunteers Week

JUNE

- World Environment Day

JULY

- NAIDOC Week
- Schools Tree Day
- National Pyjama Day
- Crazy Hair Day

AUGUST

- Dental Health Week
- National Aboriginal and Torres Strait Islander Children's Day
- Keep Australia Beautiful Week

- National Reconciliation Week

SEPTEMBER

- Fruit and Veg Month
- National Health and PE Day
- RUOK? Day
- Footy Colours Day

OCTOBER

- Walktober Month
- National Nutrition Week
- National Water Week
- Nude Food Day

NOVEMBER

- National Recycling Week

DECEMBER

